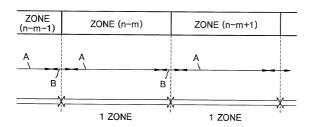
FIG. 1A FIG. 1B

FIG. 2



A: DATA RECORDING AREA

B: COUPLING AREA

FIG. 3

DATA RECORDING AREA

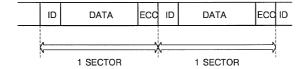
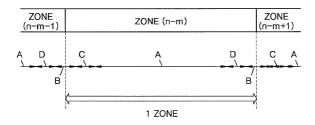


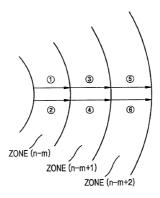
FIG. 4



A: DATA RECORDING AREA

B: COUPLING AREA C: ZONE START AREA D: ZONE END AREA

FIG. 5



- ①: RECORDING AND REPRODUCTION GROOVE PORTION OF ZONE (n-m)
- ②: RECORDING AND REPRODUCTION LAND PORTION OF ZONE (n-m)
- ③: RECORDING AND REPRODUCTION GROOVE PORTION OF ZONE (n-m+1)
- (1): RECORDING AND REPRODUCTION LAND PORTION OF ZONE (n-m+1)
- ⑤: RECORDING AND REPRODUCTION GROOVE PORTION OF ZONE (n-m+2)
- (6): RECORDING AND REPRODUCTION LAND PORTION OF ZONE (n-m+2)